



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09287, Prickly pears, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	87.55	4	2.791	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	172	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.73	3	0.103	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.51	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	1.64	3	0.586	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	9.57	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	3.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Minerals													
Calcium, Ca	mg	56	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	85	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Phosphorus, P	mg	24	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	220	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	5	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Copper, Cu	mg	0.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Selenium, Se	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	14.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.014	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.460	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.060	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE ^{1 2}	µg	2	4	2.167	0	4	1.0	-25.363	29.697	2	Analytical or derived from analytical	--	05/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ^{1 2}	µg	25	4	24.500	0	49	1.0	-286.802	335.802	2	Analytical or derived from analytical	--	05/2003
Carotene, alpha ^{1 2}	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Cryptoxanthin, beta ^{1 2}	µg	3	4	3.000	0	6	1.0	-35.119	41.119	2	Analytical or derived from analytical	--	05/2003
Vitamin A, IU ^{1 2 a}	IU	43	4	43.333	0	87	1.0	-507.268	593.935	2	Analytical or derived from analytical	--	05/2003
Lipids													
Fatty acids, total saturated	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:0	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total monounsaturated	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.072	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:1	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.213	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:2 undifferentiated	g	0.186	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:3 undifferentiated	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Flavonoids													
Flavonols													
Isorhamnetin ³	mg	0.7	--	0.59	0	2.41	--	--	--	--	--	--	--
Kaempferol ³	mg	0.2	--	0.08	0	0.38	--	--	--	--	--	--	--
Quercetin ³	mg	4.9	--	1.66	0.98	9.05	--	--	--	--	--	--	--
Sources of Data													
¹ A Hommaya, W Rogers, R R Eitenmiller Provitamin A activity of specialty fruit marketed in the United States., 1990 J. Food Composition and Analysis 3 pp.119-133													
² Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995 Beltsville MD													
³ Kuti, J.O. Antioxidant compounds from four <i>Opuntia cactus</i> pear fruit varieties. <i>Food Chemistry</i> , 2004 Food Chemistry 85 pp.527-533													
Footnotes													
^a Green variety													